

What was I before I was a sunflower seed?
I was a sunflower.

How do I grow?

American Indians grew sunflowers a long time ago.
The seeds are planted in the spring.
The seeds grow into beautiful flowers.
The center of the sunflower is full of seeds.





What part do you eat?

The seeds that grow in the sunflower are hard.
A soft kernel can be found in the seed.
We eat the kernel out of the sunflower seed.



What foods do I make?

Sunflowers feed both people and animals.
We eat sunflower seeds as snacks.
We cook with sunflower oil.
American Indians used the seeds to make medicine.